

Size of Tumors Found by

Mammography & Breast Self-Exam

Average-size lump found by
getting regular mammograms.



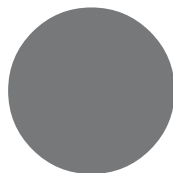
Average-size lump found by
first mammogram.



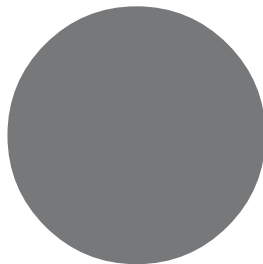
Average-size lump found by
women practicing regular
breast self-exam.



Average-size lump found
by women practicing
occasional breast
self-exam.



Average-size lump found
by women untrained in
breast self-exam.



Source: *The Breast Health Program
of New York*



*Early Detection
Saves Lives*

Show Me Healthy Women

www.dhss.mo.gov/BreastCervCancer

The Show Me Healthy Women program is a joint program of the Missouri Department of Health and Senior Services and the Centers for Disease Control and Prevention, Grant Agreement #U55/CCU721904-05. Alternative forms of this publication for persons with disabilities may be obtained by contacting Missouri Department of Health and Senior Services' Show Me Healthy Women program at 573-522-2845.

Hearing impaired citizens telephone 1-800-735-2966. VOICE 1-800-735-2466.
AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER.
Services are provided on a nondiscriminatory basis. Revised 10/06

Missouri Department of Health and Senior Services
Division of Community and Public Health
Bureau of Cancer and Chronic Disease Control

Show Me Healthy Women 

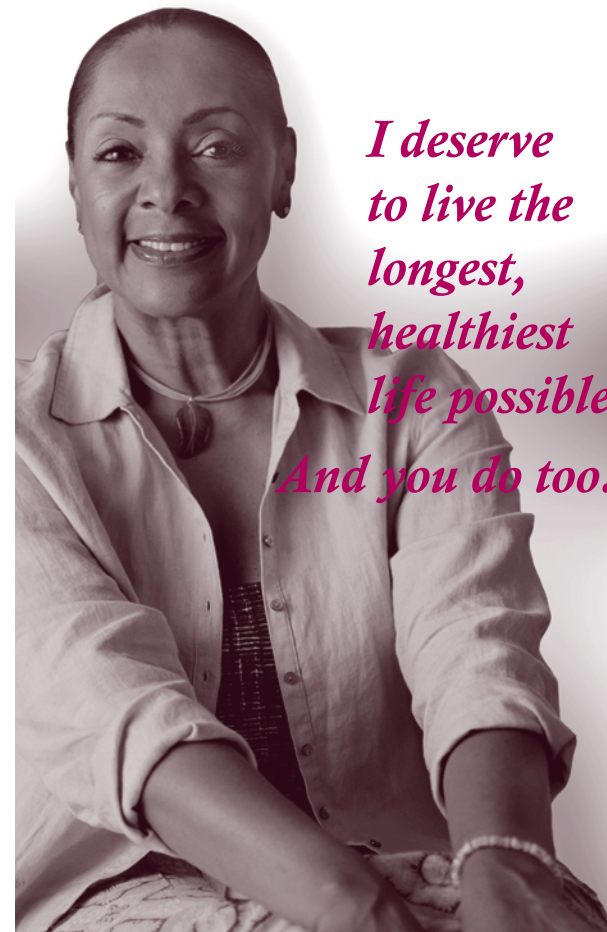
920 Wildwood, P.O. Box 570
Jefferson City, MO 65102-0570

Place
Stamp
Here

Increase Breast Cancer Awareness and Early Detection with a Missouri Women's Council *Pink License Plate*.
Web address: www.womenscouncil.org Phone: (573) 751-0810



Free MAMMOGRAMS & PAP TESTS



*I deserve
to live the
longest,
healthiest
life possible.
And you do too!*



CALL
1-800-422-6237,
press option "1"
ASK ABOUT THE SHOW ME
HEALTHY WOMEN PROGRAM




Choices

Join the thousands of women who feel good about themselves as they learn to make better health choices and get regular exams!

To qualify

You may qualify if . . .

 You meet the age and income requirements.

Free transportation available.

Heart health screening and education available through many providers.



Free exams

Free exams listed below are available through Missouri's Show Me Healthy Women program.

Women **age 50 to 64 or older if not eligible for Medicare Part B** may be eligible for free:

- Pap tests and pelvic exams.
- Clinical breast exams.
- Mammograms and diagnostic services.

Women **age 35 to 49** may be eligible for free:

- Pap tests, pelvic exams and clinical breast exams, if there are no other services available.
- Diagnostic services with breast or cervical screenings that are suspicious for cancer.

Women **age 40 to 64 or older if not eligible for Medicare Part B** may be eligible for free: (In limited areas)

- Cardiovascular tests: blood pressure checkups and diabetes and cholesterol tests.
- Lifestyle management counseling.



Treatment

Free treatment for breast or cervical cancer through a special Medicaid, Breast and Cervical Cancer Treatment (BCCT), may be available to Show Me Healthy Women clients who are diagnosed with cancer through a program provider.

*(*Treatment through BCCT must be received in state of residence and is not available to women who are not U.S. citizens.)*

Call now for the name of the closest facility that provides Show Me Healthy Women breast and cervical cancer screenings and heart health risk screenings.

Call now

Contact a cancer information specialist and make an appointment with Show Me Healthy Women:

**National Cancer Institute's
Cancer Information Service
1-800-4-CANCER**

(1-800-422-6237, press option "1")

**Show Me Healthy Women
573-522-2845**